Fruit Form RetailPrice RetailPriceUnit Yield CupEquivalentSize CupEquivalentUnit

Apples Fresh 1.5193 per pound 0.9 0.2425 pounds

"Apples, applesauce" Canned 1.066 per pound 1 0.5401 pounds

"Apples, ready-to-drink" Juice 0.7804 per pint 1 8 fluid ounces

"Apples, frozen concentrate" Juice 0.5853 per pint 1 8 fluid ounces

Apricots Fresh 2.9665 per pound 0.93 0.3638 pounds

"Apricots, packed in juice" Canned 1.6905 per pound 1 0.5401 pounds

"Apricots, packed in syrup or water" Canned 2.06 per pound 0.65 0.4409 pounds

Apricots Dried 6.6188 per pound 1 0.1433 pounds

Bananas Fresh 0.5249 per pound 0.64 0.3307 pounds

"Berries, mixed" Frozen 3.5585 per pound 1 0.3307 pounds

Blackberries Fresh 6.0172 per pound 0.96 0.3197 pounds

Blackberries Frozen 3.6362 per pound 1 0.3307 pounds

Blueberries Fresh 4.1739 per pound 0.95 0.3197 pounds

Blueberries Frozen 3.3898 per pound 1 0.3307 pounds

Cantaloupe Fresh 0.5767 per pound 0.51 0.3748 pounds

Cherries Fresh 3.4269 per pound 0.92 0.3417 pounds

"Cherries, packed in syrup or water" Canned 4.5257 per pound 0.65 0.4409 pounds

Clementines Fresh 1.3847 per pound 0.77 0.463 pounds

Cranberries Dried 4.6513 per pound 1 0.1232 pounds

Dates Dried 5.5713 per pound 1 0.1653 pounds

Figs Dried 6.8371 per pound 0.96 0.1653 pounds

"Fruit cocktail, packed in juice" Canned 1.7198 per pound 1 0.5401 pounds

"Fruit cocktail, packed in syrup or water" Canned 1.5932 per pound 0.65 0.4409 pounds

Grapefruit Fresh 1.1695 per pound 0.49 0.463 pounds

"Grapefruit, ready-to-drink" Juice 1.0415 per pint 1 8 fluid ounces

Grapes Fresh 1.8398 per pound 0.96 0.3307 pounds

Grapes (raisins) Dried 3.7801 per pound 1 0.1653 pounds

"Grapes, ready-to-drink" Juice 0.9215 per pint 1 8 fluid ounces

"Grapes, frozen concentrate" Juice 0.7119 per pint 1 8 fluid ounces

Honeydew Fresh 0.9056 per pound 0.46 0.3748 pounds

Kiwi Fresh 2.1849 per pound 0.76 0.3858 pounds

Mangoes Fresh 1.1513 per pound 0.71 0.3638 pounds

Mangoes Dried 10.5527 per pound 1 0.1253 pounds

Nectarines Fresh 1.9062 per pound 0.91 0.3197 pounds

Oranges Fresh 1.2131 per pound 0.68 0.4079 pounds

"Oranges, ready-to-drink" Juice 0.9842 per pint 1 8 fluid ounces

"Oranges, frozen concentrate" Juice 0.769 per pint 1 8 fluid ounces

Papaya Fresh 1.2904 per pound 0.62 0.3086 pounds

Papaya Dried 5.5089 per pound 1 0.1543 pounds

Peaches Fresh 1.7167 per pound 0.96 0.3417 pounds

"Peaches, packed in juice" Canned 2.0237 per pound 1 0.5401 pounds

"Peaches, packed in syrup or water" Canned 1.8117 per pound 0.65 0.4409 pounds

Peaches Frozen 3.3867 per pound 1 0.3307 pounds

Pears Fresh 1.5865 per pound 0.9 0.3638 pounds

"Pears, packed in juice" Canned 1.9546 per pound 1 0.5401 pounds

"Pears, packed in syrup or water" Canned 1.897 per pound 0.65 0.4409 pounds

Pineapple Fresh 0.5685 per pound 0.51 0.3638 pounds

"Pineapple, packed in juice" Canned 1.4344 per pound 1 0.5401 pounds

"Pineapple, packed in syrup or water" Canned 1.4067 per pound 0.65 0.4409 pounds

Pineapple Dried 6.6492 per pound 1 0.1543 pounds

"Pineapple, ready-to-drink" Juice 1.0288 per pint 1 8 fluid ounces

"Pineapple, frozen concentrate" Juice 0.6973 per pint 1 8 fluid ounces

Plum Fresh 2.0292 per pound 0.94 0.3638 pounds

Plum (prunes) Dried 5.7042 per pound 1 0.1874 pounds

"Plum (prune), ready-to-drink" Juice 1.5522 per pint 1 8 fluid ounces

Pomegranate Fresh 2.235 per pound 0.56 0.3417 pounds

"Pomegranate, ready-to-drink" Juice 3.122 per pint 1 8 fluid ounces

Raspberries Fresh 6.6391 per pound 0.96 0.3197 pounds

Raspberries Frozen 4.1877 per pound 1 0.3307 pounds

Strawberries Fresh 2.58 per pound 0.94 0.3197 pounds

Strawberries Frozen 2.8189 per pound 1 0.3307 pounds

Watermelon Fresh 0.3604 per pound 0.52 0.3307 pounds